



 9%  
HEALTH SCORE

## Tuna Noodle Casserole: Mommie Cooks

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons breadcrumbs
- 5 tablespoons butter
- 1 can mushrooms
- 1 can peas
- 1 can tuna drained
- 2 celery stalks chopped
- 0.5 cup cheese grated
- 5.5 cups chicken broth
- 8 ounces egg noodles cooked

- 3 tablespoons flour
- 1 Clove garlic minced
- 1 cup milk
- 1 tablespoon onion minced
- 8 servings parsley for garnish
- 1 jar pimientos
- 1 salt and pepper freshly ground
- 0.1 cup cooking sherry

## Equipment

- frying pan
- oven

## Directions

- First up, you'll melt 1 tablespoon of the butter over medium heat and add in the garlic, onion, celery, mushrooms and a pinch of salt and pepper. Cook it all up for 3 to 4 minutes. Once the veggies are cooked and hot, pull them out of your pan, turn the heat down to medium low and add in the remaining 4 tbsp of butter. Once it's good and melted, add in 1/4 cup of flour and combine it to make a roux. To your roux, add in the milk, sherry, and broth.
- Combine it well and bring it to a boil until thick. Once it thickens, turn the heat down to low and add the veggies back in along with your tuna, peas, and pimientos. Stir it all together and add in your cooked noodles.
- Pour the whole concoction into an oven safe dish and top it off with the bread crumbs and cheese.
- Sprinkle a little parsley over the top to make it all pretty. Throw it in your oven preheated to 350 degrees for about 20 minutes or until the cheese is bubbling and golden.

## Nutrition Facts

 PROTEIN 19.57%  FAT 45.68%  CARBS 34.75%

## Properties

Glycemic Index:52.63, Glycemic Load:5.91, Inflammation Score:-8, Nutrition Score:16.152173913043%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Taste

Sweetness: 45.84%, Saltiness: 90.49%, Sourness: 28.27%, Bitterness: 27.64%, Savoriness: 58.24%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 239.33kcal (11.97%), Fat: 12.15g (18.69%), Saturated Fat: 6.71g (41.95%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 18.02g (6.55%), Sugar: 4.79g (5.32%), Cholesterol: 48.64mg (16.21%), Sodium: 937.15mg (40.75%), Alcohol: 0.39g (2.15%), Protein: 11.71g (23.43%), Vitamin K: 76.63µg (72.98%), Selenium: 27.68µg (39.54%), Vitamin A: 1674.88IU (33.5%), Vitamin C: 23.3mg (28.25%), Vitamin B3: 3.85mg (19.26%), Manganese: 0.35mg (17.63%), Phosphorus: 174.27mg (17.43%), Vitamin B2: 0.25mg (14.86%), Vitamin B12: 0.87µg (14.53%), Calcium: 128.37mg (12.84%), Iron: 2.16mg (11.99%), Vitamin B1: 0.18mg (11.93%), Fiber: 2.77g (11.1%), Vitamin B6: 0.2mg (9.78%), Zinc: 1.39mg (9.28%), Copper: 0.17mg (8.63%), Magnesium: 34.03mg (8.51%), Folate: 32.82µg (8.21%), Potassium: 261.67mg (7.48%), Vitamin B5: 0.5mg (5.01%), Vitamin D: 0.69µg (4.63%), Vitamin E: 0.62mg (4.13%)